



The American Society celebrates its 65th birthday in 2010!

The American Society of Jalisco,
A.C.

La Sociedad Americana de
Jalisco A.C.

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Photos: © Carlos Ruiz Checa
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Announcements and Notices:

Members, \$25 peso per month
donation to AmSoc

Non-members, \$50 pesos/mo

**Don't forget to put your
clocks forward an hour
on Sunday April 4!**

Saint Patrick's Day and AmSoc's Birthday Celebration

A special treat awaited those who enjoyed AmSoc's St. Patrick's Day luncheon on March 17 when Pat Doyle, Irish bagpiper, was guest of honor. Dressed in colorful Scot-Irish attire, Pat displayed his musical talent on the bellows to the attendees gathered to celebrate the holiday. The enthusiasm of the crowd was such that a "conga-line" followed him as he intoned favorite Irish tunes while all made spirited rounds of the tables. A cheerful Emerald Isle glow filled the room with its mixture of Irish and non-Irish descendents.

Table and wall decorations in the dining area added to the festive mood in honor of Ireland's patron saint.

The holiday and AmSoc's founding birthday traditionally coincide, making this luncheon one of the year's last gathering



Sharon Martin looking well after her recent illness. Welcome back, Sharon!

Making a special appearance, the American Consul, Daniel F. Keller, congratulated the American Society on its 65 years of being a steady and major contributor to the English speaking community in Guadalajara.

Contributed by Cam Esser. Thanks, Cam!

occasions for members and guests before many snowbirds begin their annual springtime migration north.

Chefs Cliff Esser, Lupita Elizondo and Rocio Huerta had prepared a countryman's serving of all-green salad, beef brisket with gravy, potatoes accompanied by delicious carrots and creamed cabbage. To top the meal with a bite o' sweet, the merrymakers made short order of the cupcakes covered with whipped cream and peaches.



TRANSLATION OF LETTER RECEIVED BY AMSOC FROM THE SALVATION ARMY HOME

Salvation Army Home for Children
Calzada Revolucion 2011
Guadalajara

March 26, 2010

Dear Friends at the American Society of Jalisco -

Please receive a cordial and loving greeting from the children and the directors.

By this letter we wish to express our most sincere thanks for the refrigerator that you have bought for the Hogar. We really needed such a large capacity refrigerator.

Thank you very, very much. We invite all of you to visit our Home when you have the time to do so. It will be an honor to receive you so that you can see for yourself that each day we are trying to provide for the welfare of our children of which you have been a part.

We leave you wishing you the blessings of Our Lord.

With much affection,

Majors Carmen and Manuel Padilla

Directors

AmSoc Volunteers

Cliff Esser and Bruce Newby, with the help of Regis Soileau, Louise Mattos, Carmen Gil—who helped interpret—and Kelly Tasker, have been working voluntarily at the Salvation Army *Hogar de los Niños* for about five months, doing badly-needed repairs to the facility. The areas most in need of urgent repair were the kitchen and bathrooms. Kelly has been a volunteer at the *Hogar* for many years.



*Cliff & Cam Esser, Major Padilla and Carmen Gill
with some of the niños (Photo: Bruce Newby)*

AmSoc donated funds to purchase a \$10,000 peso refrigerator, to which Bruce and Cliff also made major contributions.

Although the *Hogar* is now in much better shape, with the addition of a reliable hot water supply, better bathrooms, and a major renovation of the kitchen, there is still much to be done, so please remember them and their needs. Your generosity can make a big difference to the lives of these children.

El Expiatorio

Will Prescott

El Expiatorio is an impressive and impressively large French-gothic style church. It is not particularly old although it looks as if it could be. According to Wikipedia construction began in 1897, but was not finished until 1972. I will take their word for it as architecture is not my strong suit. Most impressive to



me are the massive wooden doors with bronze trim and the endless line up of weddings on Saturday afternoon and evening. It is a very popular venue and most Saturdays you will see at least one wedding-party celebrating post-ceremony in the plaza while a second party is inside getting hitched, and a third, waiting for its turn.



The church also sports a small train which runs around a track on one of the balconies about three stories off the ground. The train has 12 cars, each bearing a life-size model of one of the twelve disciples. The train comes out one door onto the balcony, around the balcony and back into the church then does it again. I am told it happens three times a day, at 6 am, noon, and 9 pm. I have never

seen the 6 am or noon performance, but I have annoyed at least one friend dragging him multiple times to the 9 pm performance. *Location: Lopez Cotillo 935, esquina de Diaz de Leon, Guadalajara, Mexico*

Quotations

The disappointments hardest to bear are those which never come.
The Urantia Book

*I think that I shall never see a billboard lovely as a tree.
Perhaps, unless the billboards fall, I'll never see a tree at all.*
Ogden Nash

Most human beings have an almost infinite capacity for taking things for granted.
Aldous Huxley

Todo dolor resulta ambivalente: a unos los aplasta y otros los multiplica el alma, y eso no depende del tamaño del dolor, sino del tamaño del alma del que lo sufre.

Health News

Eye Clinic: Adjacent to the Expiatorio is an excellent eye clinic, but you have to be in line by 9 a.m. or you won't get in. Editor (see previous page for location)

Tip: Healthy laxative - chew one or two small chunks—about the size of a domino—of fresh coconut daily.

DMSO

This article is done at the request of AmSoc member Bob Fields, and others.

What is DMSO?

DMSO is a simple chemical made from wood pulp that penetrates the skin and has demonstrated the ability to promote the healing of pockets of inflammation. DMSO is an acronym for dimethylsulfoxide and can cause a minor and temporary irritation of the skin.

Many European medical communities advocate the use of DMSO as a treatment for arthritis and bursitis. In the United States, veterinary practitioners have made liberal use of DMSO for decades in the treatment of connective tissue damage, dermatological disorders, and certain immunological therapies.

Why is FDA approval withheld?

Despite decades of medical research establishing the curative power of DMSO and its free radical scavenging antioxidant properties, the FDA has failed to grant broad approval for its use. A close examination of the practices and policies of the FDA consistently lead to three explanatory theories.

1. In several of the instances where research has established the medical effectiveness of DMSO, the researchers have been unable to determine the exact process by which the effectiveness was achieved. In other words, they know it works but they're not sure of the reasons why.
2. The topical application of DMSO is followed, by a distinct garlic like taste in the mouth. The inability of researchers to develop a placebo which emulates this characteristic prevents the satisfactory completion of a double blind study. The lack of a double blind study has been cited by the FDA as reason enough to withhold approval of a drug.
3. Sheer economics work against the widespread use of DMSO and the dissemination of information about it. It is not economically feasible or profitable for big Pharmaceutical companies to produce medical DMSO because it has been in the public domain for so long, it is impossible for them to make proprietary exclusivity claims and limit its use by other manufacturers.

Who uses DMSO and why?

- Outside of the United States DMSO is openly used, in whole or in part, in the treatment of a wide variety of ailments such as:
- arthrosis (joint disease),
- bursitis (the inflammation of the bursa sac),
- muscular pain,
- interstitial cystitis (bladder wall inflammation),
- tissue necrosis resulting from chemotherapy, and
- connective tissue damage

In addition to DMSO's direct use in the treatment of the above infirmities it is also very often used as a vehicle to deliver other drugs to afflicted areas. DMSO's is considered ideal for this purpose because of its ability to penetrate the skin and its preferential scavenging of hydroxyl radicals.

DMSO is a popular form of therapy for professional athlete's suffering from bruises, swelling, and the joint pain that results from repetitive actions of their particular sport, although they don't advertise the fact.

For many years arthritis, tendonitis, and bursitis sufferers have reported tremendous pain relieving benefits and vastly improved range of motion derived from the topical application of DMSO to afflicted areas, although the evidence is strictly anecdotal.

Ophthalmological uses

Dimethyl Sulfoxide (DMSO) is often avoided by orthodox medical practitioners due to *unfounded* fears that it can cause cataracts and other changes within the human Eye:

This aspect of DMSO toxicology has been extensively tested in both animals and humans: the results clearly show that DMSO does *not* cause cataracts in humans even at extremely high dosages for periods up to two years. No adverse changes were found in human or monkey eyes after prolonged, high levels (up to 30 times the usual dosage) of DMSO treatment.

One ophthalmologist has developed a formula for dissolving cataracts without surgery. Combining DMSO with super oxide dismutase (SOD), this eye doctor's formulation works against glaucoma too.

Are there any side effects or interactions?

- Garlic-like body odor and taste in mouth with topical applications.
- Stomach upset,
- Sensitivity to light, visual disturbances, and headache.
- Skin irritation can develop at the site where DMSO is applied topically and improperly diluted DMSO can also burn the skin.

Cautions:

- Those who do use this substance should consult a health care professional for appropriate use.
- DMSO is not indicated for healthy people.
- A potential for contamination exists in some DMSO products designed for industrial uses. Only highly purified, properly diluted DMSO should be used and the skin site and applying hand should be thoroughly cleaned before application, because the solvent properties of DMSO allow contaminants to be absorbed through the skin and transported into the bloodstream.

Gastro-Esophageal Reflux (GERD)

Scientists at the Linus Pauling Institute in Oregon are currently testing the use of DMSO with curcumin. Curcumin alone was not effective in preventing chronic acid reflux esophagitis, but the combination of curcumin and DMSO reduced the mortality rate and the severity of the esophagitis ulcer index to the same extent (56.5%) as did the lansoprazole

Sources: Prevention; Natural Medicines; Alternative Medical; Linus Pauling Institute: Healthsource; Natural Therapy Center; www.painease.com.

Next Month: Cancer prevention.

Recipe

Tomato Soup



Ingredients

1-1.25 kg ripe tomatoes
 1 medium onion
 1 small carrot
 1 stick of celery
 2 tbsp olive oil
 2 tsp tomato purée
 Black pepper
 2 bay leaves
 1 liter hot vegetable stock (made with 4 rounded tsp of bouillon powder or

2 bouillon cubes in boiling water). *Note: bouillon is very high in salt.*

Method

Wash and cut the vegetables into small pieces (peel the carrots first).

Heat oil in heavy pan and add carrots, onions and celery.

Cook over low heat for about 10 minutes, stirring occasionally to prevent sticking.

Stir in tomato puree, tomatoes, torn bay leaves and a little pepper. Cover the pan and cook for about 10 minutes, shaking every few minutes to mix ingredients well.

Slowly stir in the stock and cook over low heat for about 25 minutes.

After removing the bay leaves and allowing soup to cool, puree in a blender until smooth.

May be reheated and served immediately, or stored in the freezer.

Recipe and photo from BBC Good Food. (This recipe was requested by Sharon Martin)

Announcements

Salud Integral Club de AmSoc

Physiotherapy • Massage Therapy

Stress Management • Rehabilitation

Sciatica • Sprains

Reflexology • Bioenergetics

Pain Management • Post-surgery Therapy

Rehabilitación post-cirugía

Masaje relajamiento • Manejo del dolor

Reflexología • Depilación laser

Terapeuta: Leticia (Lety) Rodriguez

Tel: 044-333-103-2528

San Francisco 3332, Chapalita

Maid seeking employment. Trustworthy and hard working! I have known her for 8 years. Call Brandy Januszo...38-48-1095.

Over-eaters Anonymous

12-step program for compulsive eating. The group is self-supporting from member contributions. No fees or dues. Meetings are in **the library** every Saturday 11 a.m. to 12 noon. Contact: Daryl 33-3507-4746

Recovery Corner

Friends of Bill W. AA Group has moved their meetings into the main AmSoc building from the Parrot Cage. Meeting times are the same: Monday, Wednesday & Friday from **6:00 PM - 7:00 P.M.**

Lunch and a Meeting AA Group now meets at Mexicaltzingo 1238 esq. Pavo in Centro on Tuesday, **Thursday & Saturdays from 12 - 1:00 P.M.** The location is 1-1/2 blocks from the Mexicaltzingo light rail [Tren] station, between La Paz & Niños Heroes

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Carlos Ruiz Checa

*Member of AmSoc

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044-33-3153-9888

Email: caruche@hotmail.com

www.caruche.com

NOTE: We'll gladly publish announcements of upcoming events at AmSoc if you send written information by the 3rd week of the month

Weekly Calendar

Monday	Breakfast 9:00 Aerobics 8:30 a.m.
Tuesday	Breakfast 9:00 a.m.
Wednesday	Breakfast 9:00 Aerobics 8:30 a.m.
Thursday	Breakfast 9:00 a.m. Lunch 12:30 p.m. Games until 4:00
Friday	Breakfast 9:00 Aerobics 8:30 a.m.
Saturday	Overeaters Anonymous 11 a.m. Breakfast 9:00 a.m. English conversation group Toastmasters 1 p.m.

Supplement

The following brief summary of the new immigration laws should be of interest to AmSoc members and other foreigners living in Mexico. For convenience, I have summarized the significant points from two rather long-winded interpretations of the new laws. The accuracy of this information is not guaranteed. (VW)

New Immigration Laws for Mexico Go Into Effect May, 2010.

New Procedures Manual

The new immigration procedures manual was published in *Diario Oficial de la Federación* 2010-Jan-29 (in Spanish). The main change is the combination of an assortment of temporary visas (such as FM-T tourist visas) into one general purpose visa, the FMM (*Forma Migratoria Múltiple*), and to require that visas to be returned on exit.

FM-3 and FM-2 visas

Mexican consulates in the US and Canada will no longer issue FM3s. Instead, if you apply at one, you will get a sticker in your passport. You then apply for an FMM when you enter Mexico, after that, you have 30 days to apply for an FM-3 or FM-2 in your town of residence.

FM3s and FM2s will no longer be in booklet form but will be plastic cards—similar to credit cards—with imbedded data strips. With the bar codes on these cards it will be much easier to update personal information such as changes of address, marital status, employment, and so on. In addition, the updates should take less time.

Having an FM3 has the advantage of allowing you to bring a car in to Mexico for long term use. Once you have your FM3, your car remains legally imported as long as your FM3 is up to date.

FM-3 and FM2 income amounts

To get an FM-3, the rules state you must show an income from sources outside Mexico of 250 times the daily minimum wage in Mexico City, which for 2010 is 57.46 pesos. So that's a monthly income of 14,265 pesos (around \$1100). There will be no deduction for an FM3 holder who owns a house.

The deduction still applies for an FM-2, for which you are required to have an income 400 times the minimum wage (21,984 pesos a month, \$1750). So for a single person on a low income owning a property switching to an FM-2 (where permitted) would make it easier to meet the income requirement, as it's only \$870 per month (with the deduction). The FM-2 itself does cost a little more and can also lead to immigration, which then saves the fees and income test each year).

FM-2 residence rules changing

With an FM-2, you are expected to be a full-time resident in Mexico, a tax resident, and plan to immigrate and there are limits on how long you can be out the country.

From May 2010, the maximum allowed is:

- a total of 2 years absence in any five years,
- no more than 3 consecutive years absence, or
- no more than 5 years in any ten years

Time spent outside Mexico working for a subsidiary of a Mexican company is not considered an absence, so in theory if you're overseeing a new business in Mexico part-time you could work for an US LLC owned by your Mexican corporation while outside the country, and still get the time counted as being in Mexico.

FMT changes to FMM

The FMT will be replaced with an FMM that will have three options

1. The regular tourist permit (*Visitante con Actividades no Lucrativa*,
2. Business (*Visitante Persona de Negocios*), or
3. Business (*Visitante con Actividades Lucrativas*).

The FMM cannot be used by people who want to come to Mexico to work for a few months for a business in Mexico.

If you are one day late leaving on your FMT, your car could be seized.

From articles by Carol Schmidt, San Miguel Allende, and Rob, San Felipe Life, Baja California



The last word Sign of the Times

Back in 1984, I worked at a computer training school for severely handicapped people. One day after the students has gone home I was looking through the software and found a game called "Epidemic". I never could resist a new game, so I stuck it in the 5" floppy disk drive and tried it. I found it fascinating. Epidemics started to appear all over the world and the player's task was to control them with various resources and attempt to wipe them out. Quite a challenge! Since then I have often wished someone would update that old game or create one with a similar theme so I could once more attempt to save the world! Recently, in search of a new game, I found one call "Pandemic" and investigated hopefully, but this one's theme was to create a deadly virus and attempt to wipe out the human race.

It is a sad reflection on the progress of civilization that more than 90% (my estimate) of all computer games, which are primarily aimed at teenage boys, are about combat, death, and destruction with deadly weapons. I have never come across one yet that seeks to solve problems and avert disasters, although there is certainly plenty of scope for such a theme. *Vicki Wootton*